



PALARONG PAMBANSA 2009
April 29 – May 2, 2009
TACLOBAN CITY

SWIMMING GROUND RULES

1. COMPETITION RULES

- 1.1. FINA rules will be applied. Ground rules which have been agreed upon shall be implemented.
- 1.2. One start rule.
- 1.3. Competition will be in heats and finals format. Heats will start at 8:30 A.M. and finals will be at 3:30 P.M.
- 1.4. Each swimmer is allowed to swim five (5) individual events and two (2) relay events. However, a swimmer may only participate in three (3) events per day, inclusive of relay events.
- 1.5. Each delegation is allowed to enter two (2) swimmers per individual event and one (1) relay team in the relay events.
- 1.6. A swimmer who fails to swim an event will not be allowed to swim his succeeding events for that session unless otherwise that swimmer submits a medical report from the Palarong Pambansa Official Medical Physician.
- 1.7. 400 Meter Freestyle for Elementary and 800 Meter Freestyle for Secondary will be in Timed Finals format with the exception of the last heat to be held during the Final Round.
- 1.8. Only athletes, coaches and Delegation Officials with official identification tags will be allowed at areas designated for delegates.

2. RELAY ENTRY

- 2.1. Relay team entries and names of swimmers in order of swim (including two (2) alternates for Freestyle Relay and four (4) alternates for the Medley Relay) must be submitted in the master list of entries.
- 2.2. Indicate order of swim by numbering swimmers (1-6) in the official entry form.
- 2.3. Relay swimmers who swam in the trials will be the same swimmers who will swim in the finals.

3. PROTEST

- 1.1. All protest must be submitted to the referee in writing within thirty (30) minutes after the conclusion of the event by the official team coach only.

4. TIMING

4.1. In the case of an electronic timing systems malfunction, official manual time of a swimmer shall be determined as follows:

4.1.1. If in the case that the time of the first swimmer is higher than the time of the second swimmer, average time of swimmers involved shall be the official time of both swimmers.

4.1.2. Official placing will be decided by the referee based on facts and a referee's decision (RD) will be indicated at the official results.

5. TEAM COMPOSITION

5.1. Number of swimmers per delegation will be as follows:

Elementary – 10 Male and 10 Female

Secondary – 10 Male and 10 Female

6. SUBMISSION OF ENTRIES

6.1. All entries must be on official entry forms.

6.2. Submission of entries must indicate the latest best time of each swimmer in each event for seeding purposes and lane assignments.

6.3. Deadline for the submission of entries will be at 6:00 P.M. following the conclusion of the Coaches' Meeting.

7. Coaches and Team Managers' meeting will be held after the Solidarity Meeting.



RICHARD G. LUNA
Tournament Manager
Swimming